



MESSAGE FROM THE MAYOR

Community comes out strong for 8th Annual Cleanup/Greenup Day.

Over 45 volunteers bring about a successful Cleanup/Greenup. In just four hours, volunteers collected more than 525 pounds of trash during the 8th Annual Cleanup/Greenup Day in the Town of Forest Heights on Saturday, October 29th. Part of one of the larger cleanup events that took place at Forest Heights, 36 volunteers removed a total of 525 pounds of trash, 200 pounds of debris, including 108 pounds of recyclables from Forest Heights and Oxon Hill. Starting at Town Hall on Saturday, the volunteers walked the trails, black bags in hand, clearing the streets and sidewalks of tires, trash, bits of metal, plastic and endless amounts of cigarette butts, which were successfully fished out of streets and sidewalks.



“We should get a medal!” an enthusiastic member of the group cried as they triumphed over their find.

While nearby down the trail, a group of 8 volunteers plus our public works director, Larry Vaughn, and his staff planted 12 trees next to Forest Heights new park located by Henry Soul Food. Overall, one of the parents said the event was a huge accomplishment for the community.



The students and parents and the Town are really proud of their work and have a huge sense of accomplishment. “It’s just one big family event” — we have grandparents with their grandkids, moms, walking and cleaning up.

“Alone we can do so little, together we can do so much”.



Thank you from
Mayor Jacqueline Goodall

Town of Forest Heights Town Meetings

Mayor/Council Workshop Meeting First Monday of each Month at 7:30 p.m.

Monday, November 7, 2016

Mayor/Council Meeting Third Wednesday of each Month at 8:00 p.m.

Wednesday, November 16, 2016

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Town Community News



Chief Russell To Speak About Police-Community Relations At Forest Heights Town Hall on Saturday, November 12, 2016 2:00-3:00p.m.

Chief Russell will be addressing the subject of police-community relations. Russell has served as chief of police in FH for three years – coming here from Baltimore County as Bureau Chief of the Criminal Investigation Bureau. On January 17, 1977, three years after graduating from Baltimore City College High School, he realized his dream of becoming a Maryland State Trooper. In the 35 years of service to the Department and our citizens, he had been assigned to all three of the Department’s Bureaus throughout his career that ended on September 12, 2012. His last four years he had the pleasure of serving under Colonel Terrence B. Sheridan in the capacity of Lieutenant Colonel as Bureau Chief of the Criminal Investigation Bureau. His last two years as Bureau Chief of the Support Services Bureau. “The blessing is that those positions enabled me to reach out to many of the MSP’s sworn and civilians to ensure that the “third floor” was not only for the rich and famous but for anyone who needed a voice”. Chief Russell, along with all members of the FHPD, take pride in providing the highest level of professional law enforcement service to those who live in, work in, or visit the Town of Forest Heights. So come talk to your Police Department about your community.

STUFF YOU DIDN'T KNOW

Every day more money is printed for Monopoly than the U.S. Treasury

Men can read smaller print than women, women can hear well

Coca-Cola was originally GREEN

The percent of Africa that is wilderness: 2.8%

The percent of North America that is wilderness: 3.8%

The cost of raising a medium size dog to age of eleven is \$16,400

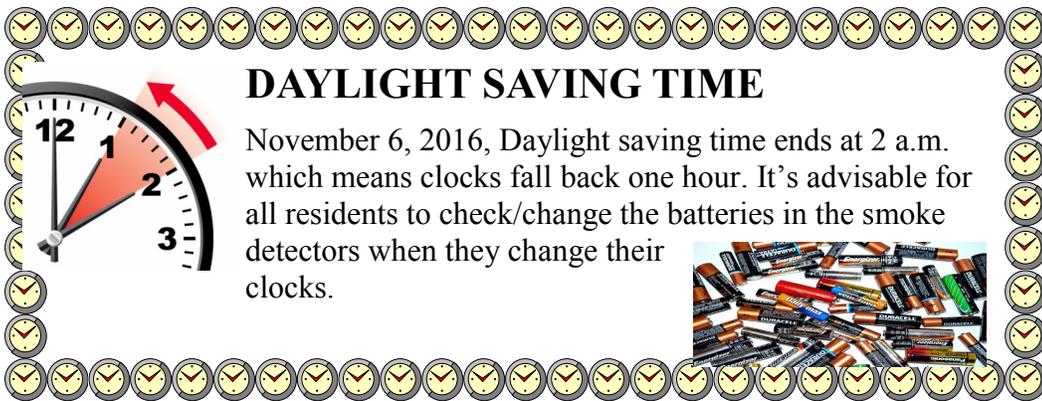
The first novel ever written on a typewriter, Tom Sawyer

The San Francisco cable cars are the only mobile National Monuments

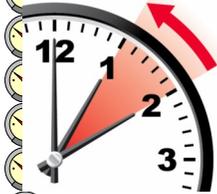
If a statue in the park of a person on a horse has both legs in the air, the person died in battle

If the horse has all legs on the ground, the person died of natural causes

What is the only food that doesn't spoil? Honey



DAYLIGHT SAVING TIME



November 6, 2016, Daylight saving time ends at 2 a.m. which means clocks fall back one hour. It's advisable for all residents to check/change the batteries in the smoke detectors when they change their clocks.



FLU SEASON

CVS, Safeway & Giant offers flu shots at discounted rates

Last day to register for **Medicare Part D** (prescription drug plan) is December 7, Citizens can change or enroll at www.Medicare.gov

Dear Neighbors,

HELP US TO HELP YOU. If you notice a Street or Area Light that is out please contact the Administrative Offices with the Street Address and Pole Number if possible. You can find the Pole Number on the side of the pole facing the street and should read something like this PEPCO 767452-1464.



National Veterans Day Ceremony

The Veterans Day National Ceremony is held each year on November 11th at Arlington National Cemetery. The ceremony commences precisely at 11:00 a.m. with a wreath laying at the Tomb of the Unknowns and continues inside the Memorial Amphitheater with a parade of colors by veterans' organizations and remarks from dignitaries. The ceremony is intended to honor and thank all who served in the United States Armed Forces.

“Positive thinking is more than just a tag-line. It changes the way we behave. And I firmly believe that when I am positive, it not only makes me better, but it also makes those around me better.”

Town Community News (continued)

The Senior Citizens Organize a Halloween Party!

The Senior Citizens organized a Pot Luck, Halloween Party on Oct. 26th. beginning at Noon with the regular exercise class. Halloween isn't only for the young; About 20 ladies and gentlemen sat around eating, talking and enjoying each other, some dressed in costumes. Thanks to Councilwomen Muhammad and Mrs. Darlene Kuny for putting the event together.



Forest Heights/Oxon Hill Safe Harvest Day Halloween

Party. The annual Halloween Night at the Town of Forest Heights is one of the top Halloween Night attractions. It was created by Councilwoman Cynthia Mann and sponsored by Forest Heights/Oxon Hill CDC and Solar Inc. This year's theme "Safe Harvest Day Extravaganza," is a Halloween alternative for children that provided a safe, action –packed, candy-filled evening with games and activities for the entire Community. We had over 45 kids dressed in costumes; some were designed with custom artwork for each theme. We would like to thank Councilwoman Barnes and everyone who stepped in and helped out. We would also like to acknowledge the Forest Heights Police Department for their involvement. Thank you all!



Town Community News (continued)



In Memory of Melanie Otto, February 19, 1967-October 28, 2016. Melanie resided on Sachem Lane and was the Forest Heights Web Designer. Family and Friends gathered to celebrate the short but well-lived life of Melanie, at the Town Hall on Saturday, November 5th for a Memorial Service.

The Forest Heights Healthy Living invites you to a seminar on:

“Interacting with the Forest Heights Chief Police ”



Monday, November 14, 2016 @ 1-2pm

Forest Heights Municipal Building

***5508 Arapahoe Drive
Forest Heights, MD 20745***

DISPOSING OF PRESCRIPTIONS AND/OR MEDICATIONS

Do not flush old prescription down the toilet.

Remove drugs from original container. By removing unwanted, unused, or expired medicine from its original container, you are ensuring that medicine will not fall in the wrong hands. Orange prescription bottles are easily recognizable and can be stolen from garbage cans and landfills.

Mix drugs with undesirable refuse and throw in garbage. Guidelines suggest mixing medications with items like used coffee grinds or cat litter and placing them in a sealed bag, empty can, or jar. Throw container in trash can. This extra step can prevent accidental overdose by children and pets and also possible drug theft.



Congratulations Limitless Dancing Warriorettes of Forest Heights for Winning the Dance Competition in the 79th Annual Labor Day Parade with the City of Gaithersburg.

Dear Coach Nicole,
Congratulations to our Limitless Dancing Warriorettes of Forest Heights students who won the 79th Annual Labor Day Dancing Competition at the Gaithersburg's Labor Day Parade! This was a true team effort by the entire Warriorettes of Forest Heights including coach, Nicole Moseley.



Are you doing all you can for your Health?

Seniors Exercise Classes
Monday and Wednesday,
Class Begins at 12:00 noon

Town Community News (continued)



2016 ELECTION COUNT DOWN

US Presidential Election is on Tuesday, November 8, 2016.

“You CAN Make a Difference: Why Every Single American Should Vote”

As we approach Election Day, there is one question on everyone’s mind: Who will win the presidential race? However, there’s a more important question not being considered nearly as much: *Who*

do WE want to win the presidential race?

According to [recent data](#) from the U.S. Census, voter turnout in the United States is currently amongst the lowest in the entire developed world. In the last presidential election, only 53 percent of Americans voted. There are over 240 million voting-aged Americans, yet over nearly 100 million consistently choose not to vote. This leads to the million-dollar question: *Why?*

When [asked](#) after the last presidential election why they chose not to vote, 59 percent of non-voting Americans believed that there is no point in voting because “nothing ever gets done,” 54 percent justified not voting because they believe the U.S. Government is “so corrupt,” and 37 percent believe that voting “doesn’t make much difference my life.”

This is a huge problem. We are talking about nearly half of our eligible voting population consistently choosing not to vote, even though they literally have the ability to determine who will run our nation. It’s time we change that.

I sincerely believe every single voting-aged American should vote and by the end of this article, you will too.

“How the heck does the presidential election work?”

For the longest time, I had no idea how the presidential election works. Recent research [suggests](#) that I’m not alone. Simply explained, there are 50 states in the United States. Each state is divided up into congressional districts that are based on population. The more populated the state, the more districts it has. For example, California, which has a population of 38.8 million people, has 53 districts while Kansas, which has a population of 2.9 million people, has only 4 districts. So, the bigger the population of a state, the more districts that state has. The more districts a state has, the more influence that state has in the election.

This influence is represented by the state’s electors, more formally known as the Electoral College. The number of electors a state has is determined by its number of districts plus the two U.S. senators of that state. So California has 55 electors (53 districts plus 2 senators) while Kansas has 6 electors (4 districts plus 2 senators). When a candidate wins the voting in a state, they win that state’s electors, which is why “big” more populated states are so important to presidential candidates. If you add up the electors in all of the states and the District of Columbia, you get 538 electors. In order to win the presidency, a candidate must win 270 electors. And this all happens with your vote.

“My vote won’t count.”

The biggest reason why Americans choose not to vote comes down to simply feeling powerless. However, the fact of the matter is this: your vote matters a lot. Yes, it’s true that the Electoral College elects the president, but never forget that it is us, the American people, that decide who the Electoral College MUST support. For example, if you live in the State of California and the majority of the people in your state choose to vote for Senator Bernie Sanders, then he will win your state’s 55 electoral votes. That’s over 20 percent of the



Fall is in the air! I would like to take time out to remind everyone to be mindful of leaving your windows and doors open in an effort to enjoy the cool weather. Please be sure to lock your doors and windows when you leave your homes and before you go to sleep.

Code Enforcement has become a big issue within the Town. Please be advised that any Town resident can come to the Municipal Building during business hours to obtain a free copy of the Town Ordinance laws.

The FHPD anticipate a safe and wonderful fall within the Town Limits of Forest Heights.

Get your Town of Forest Heights Information Electronically!

Stay Connected: Town Meetings Now Available Online, FH Community Video

Residents are invited to sign-up to receive updates on upcoming events, meeting notices, public safety notices/alerts, etc. It is easy to sign-up; just email shawkins@forestheightsmd.gov to start receiving information electronically from the Town of Forest Heights, or call the Town Hall Administrative Office at 301-839-1030 for assistance. Visit us at www.forestheightsmd.gov. and/or check us out on Forest Heights Facebook. May we have your email address?



**FOREST HEIGHTS POLICE DEPARTMENT
IN PARTNERSHIP WITH
ST. MARK'S AME CHURCH
TOY DRIVE**

Starting November 1 – December 23, 2016

**PLEASE DROP OFF ALL NEW TOY DONATIONS AT
EITHER LOCATION**

5508 ARAPAHOE DRIVE

OR

5427 INDIAN HEAD HWY

FOREST HEIGHTS, MD 20745

FOR ADDITIONAL INFORMATION

301-839-4040



COMMUNITY CALENDAR NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ALL SAINTS DAY	2 SENIOR EXERCISE CLASSES 12-1PM	3	4 FOREST HEIGHTS LIMITLESS STARZ DANCE 9-12PM	5
6 DAYLIGHT SAVING TIME ENDS	7 MAYOR/COUNCIL TOWN MEETING 7:30 PM YARD WASTE, TRASH AND RECYCLING SENIOR EXERCISE CLASSES 12-1PM	8 ELECTION DAY	9 SENIOR EXERCISE CLASSES 12-1PM	10 SCIENCE DAY FOR PEACE & DEVELOPMENT BULK TRASH 3 ITEMS OR LESS	11 VETERANS DAY OFFICE CLOSED	12 NATIONAL PIZZA DAY FOREST HEIGHTS LIMITLESS STARZ DANCE 9-12PM CHIEF RUSSELL TO SPEAK ABOUT POLICE-COMMUNITY RELATIONS AT FOREST HEIGHTS TOWN HALL SATURDAY 2-3PM
13	14 WORLD DIABETES DAY YARD WASTE, TRASH AND RECYCLING SENIOR EXERCISE CLASSES 12-1PM FOREST HEIGHTS HEALTHY LIVING PROGRAM SEMINAR ON INTERACTING WITH POLICE CHIEF RUSSELL FROM 1-2PM	15	16 INT'L DAY FOR TOLERANCE MAYOR/COUNCIL TOWN MEETING 8:00 PM SENIOR EXERCISE CLASSES 12-1PM	17 GREAT AMERICAN SMOKE OUT DAY BULK TRASH 3 ITEMS OR LESS	18	19 FOREST HEIGHTS LIMITLESS STARZ DANCE 9-12PM
20 UNIVERSAL CHILDREN'S DAY	21 YARD WASTE, TRASH AND RECYCLING SENIOR EXERCISE CLASSES 12-1PM	22	24 SENIOR EXERCISE CLASSES 12-1PM	24 THANKSGIVING DAY OFFICE CLOSE	25 BLACK FRIDAY	26 FOREST HEIGHTS LIMITLESS STARZ DANCE 9-12PM
27	28 CYBER MONDAY YARD WASTE, TRASH AND RECYCLING SENIOR EXERCISE CLASSES 12-1PM	29	30 SENIOR EXERCISE CLASSES 12-1PM			

FOREST HEIGHTS LEAF COLLECTION PROGRAM

Once again we are approaching the leaf collection season. Help us keep our Town looking sharp and we will all benefit.

Remember:

Yard waste will be collected only on Monday.

The yard waste may be set out Sunday night or early Monday morning.

Residents will be cited if the yard waste is set out at other times.

Leaves must be bagged in brown bags or marked trash can.

Please **do not** place or blow leaves and grass in the street or storm drain.

Residents are urged to keep up with the leaf collection on a weekly or bi-weekly basis.

Leaves can be healthy compost for your garden, especially if using an outdoor composter.

Leaves left on the yard are unsightly, hard to clean up in the spring and can suffocate the grass.

*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

Town Community News (continued)



**CRUISING FROM MIAMI, FLORIDA TO
GRAND CAYMAN, MAHOGANY BAY, BELIZE, AND COZUMEL**
SATURDAY Dec. 2 – SATURDAY Dec. 9, 2017
On Carnival's GLORY
Fly in a day or two EARLY and enjoy the sights in MIAMI, FLORIDA!

STATEROOMS	DOUBLE	TRIPLE	QUAD
INTERIOR STATEROOMS	\$426.00 PER PERSON Plus taxes, port charge, and fuel charges.*	\$346.00 PER PERSON Plus taxes, port charges, And fuel charges.*	\$306.00 PER PERSON Plus taxes, port charges, and fuel charges.*
OCEAN VIEW STATEROOMS	\$516.00 PP* Plus taxes, port charges, and fuel charges.*	\$406.00 PP* Plus taxes, port charges, and fuel charges.*	\$351.00 PP* Plus taxes, port charges, and fuel charges.*
BALCONY STATEROOMS	\$686.00 PP* Plus taxes, port charges, and fuel charges.*	\$526.00 PP* Plus taxes, port charges, and fuel charges.*	\$436.00 PP* Plus taxes, port charges, and fuel charges.*

(Suites available upon request, Travel Insurance, & Airfare are an Additional Cost)
\$100.00 deposit to hold your cabin.

\$350.00 pp deposit for triple and quad, required pp.
Easy payment plan available. Price subject to change after Dec. 25, 2016.
*Taxes, Port Charges and Fuel chg. are \$174.00 per person are **NOT** included in the price.
Depart from Miami, Florida at 4:00 pm Everyone **MUST** have a passport!
Make checks and money orders payable to: Gene Griffin Jr.

Together Travel and Cruises Sherletta Hawkins (Boon) 301 996 7159
Where friends and family cruise together

Forest Heights Notary

9 am - 4 pm Monday - Friday

ADMINISTRATIVE OFFICES

Phone (301) 839-1030 Fax (301) 839-9236

8:30a.m.—5:00 p.m.

www.forestheightsmd.gov

Mayor Jacqueline Goodall—ext. 1223

jacquelinegoodall@msn.com

TOWN COUNCIL

Ward I

C. Lynn Smith-Barnes—ext. 1301

ward1handinhand@aol.com

Robert Barnes —ext. 1303

RBarnes@forestheightsmd.gov

Ward II

Jonathon Kennedy II— ext. 1304

jwkennedy2@yahoo.com

Cynthia Mann— ext. 1305

CMann4@msn.com

Ward III

Habeeb-Ullah Muhammad— ext.1300

Brian McLaurin—ext 1302

brmrides@msn.com

ADMINISTRATIVE OFFICES

Vern Haefele,

Town Administrator— ext. 1234

VHaefele2010@gmail.com

Bonita Anderson, Town Clerk—ext. 1233

BAnderson@forestheightsmd.gov

Sherletta Hawkins,

Administrative Assistant—ext. 1229

SHawkins@forestheightsmd.gov

Leittia Vaughn, Town Treasurer-ext. 1235

LVaughn@forestheightsmd.gov

Town Planner—ext.1232

LRobinson@forestheightsmd.gov

Larry Vaughn, Public Work Director-ext 1231

LDVaughn@forestheightsmd.gov

POLICE DEPARTMENT

(301) 839-4040

Chief of Police Stewart Russell—ext. 1224

srussell@forestheightsmd.gov

Latessa Crawford, Police Clerk—ext. 1225

lcrawford@forestheightsmd.gov

CODE ENFORCEMENT OFC

Rsmith@forestheightsmd.gov

Non-Emergency (301) 749-4900

EMERGENCY DIAL 911